EFFECT OF 12 WEEKS TRAINING ON PHYSICAL FITNESS COMPONENTS, PHYSIOLOGICAL VARIABLES & PSYCHOLOGICAL VARIABLES OF FOOTBALL PLAYERS OF GOA

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SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
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Submitted By
AUDUMBAR TAMSE
Yeshwant Nagar, Ponda -Goa

Under the Guidance of
DR. SAHEB GANGARAM MORE
Assistant Professor, Vassantrao Naik College, Vasarni, New Nanded.

Research Centre
School of Educational Science,

Swami Ramanand Teerth Marathwada University, Nanded.

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INTRODUCTION

The human body is an instrument for movement and in order to develop that unique movement behavior to certain level of proficiency and satisfaction; we need to keep that instrument fit, sharp and ready to use. The physical performance of a player is dependent on various factors us as speed, agility, cardio-vascular endurance, flexibility, explosive strength, power etc.

Physical education is an internal part of an educational process which has its aims i.e. development of physically, mentally, emotionally, and socially fit citizen through the medium of physical activities which has been selected with a view of realizing these out comes. It includes the game or sport which involves movements of various body parts and maximum level of fitness.

A well planned physical educational Program has to be developed throughout the nation to improve the physical fitness, motor fitness and general motor ability of young generation. So that it may lead to healthy life and serve a nation better.

Healthy mind in healthy body is fine minim, to accomplish and perfect it has achieved the ground of good health. All work and no play make a man bored and leads to unusual insufficiency and flow output.

Physical fitness has a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness, one has to involve in physical activities. Physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well-organized and properly administered physical education Program for school children is very essential. Physical activity throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and the elderly care. Physical activity and movements are as old as human existence. It has played numerous roles from struggle for existence to struggle for excellence. A sport is an activity in our lives where pursuits of different movement achieved through the total investigation of Neuro – muscular co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern Physical Education commonly known as there is sports where pursuit of discipline freely formed such as biological, social and physical sciences. Over the decades, the society in general has realized the need for keeping fit and health through organized

physical activity Program. Scientific evidence has made with a clear and that unless man engages himself in organized vigorous physical activity Program. The real benefits would not come. Many researchers strongly support the regular exercises helps one to keep a strong and healthy and to prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular exercises and individual's capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change. Health, Fitness and performance are poorly correlated phenomena. Health is generally defined as the freedom from disease, fitness strictly relates to a man's ability to meet the demands of his environment and excellence in performance.

Meaning of Physical Fitness

The United States president's council on Physical education and sports defines the term physical fitness as "the ability to carry out daily task with vigor and alertness without undue fatigue, with ample energy to enjoy leisure time pursuits, and to meet unforeseen emergencies".

Most authors define 'physical fitness's the capacity to carry out every day activities without excessive fatigue and with enough energy in reserve for emergencies. Emphatically this definition is inadequate for a modern way of life. By such a definition almost anyone can classify himself as physically fit.

According to **Clarke** (1971) "General fitness implies the ability of the person to live most effectively with his/her potential, which depends upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated".

Physical fitness means that the organic system of the body is healthy and function efficiently vigorous tasks and leisure activities beyond 5 Organic development, muscular strength and stamina. Physical fitness implies efficient performance in exercises **Bucher and Prentice** (1985)

According to **Bucher** (1958) Physical fitness is "the ability of an individual to live a full and balanced life. It involves physical, mental, emotional, social and spiritual factors and the capacity for their wholesome expression".

Physical fitness refers to practical performance of exercise that calls for the number of experiences, they are the feeling of happiness in the process of correct performance of movement, feeling of "confidence, self-satisfaction, surprise and unhappy in the process of confusion and disappointment etc. It is a positive quality, extending on a scale from death to "abundant life". All living individuals have some degree of physical fitness which varies 10 considerably in different people and in the same person at different times. It is not as broad in its meaning as 'total fitness'. It includes, adequate degree of health, posture, physique, proper functioning of vital organs, nutrition, and good health habits along

with an adequate amount of endurance, strength, stamina and flexibility.

Exercise is the means to an art, vigorous and lengthy life, inactivity will kill you. Many people say that exercise makes them feel better and more relaxed number of studies have shown that people improve psychologically as well as physically as a result of running Programs. There is a lot of circumstantial evidence to suggest that this relaxing effect is caused by the release of endorphin – morphine – like substances which occur naturally in the brain. "If you make an investment in exercise, it makes you conscious of other reasonable health habits. You are not about to waste your investments" According to **Lumpkin** (1986) "Exercise means using or exerting body play" refers to the resultant action or what the participants do during physical exertion. "Games" range from amusements or diversions to competition with significant outcomes governed by rules. Freedom from work or duties describes "Leisure" which may or may not be used for physical activity similarly "Recreation" refers or renews one's strength and spirits after toil again with or without activity. "Sport" encompasses all these diversions and physical activities that are does for pleasure and success".

Health related Physical Fitness

According to current thinking in the physical education profession, physical fitness is either health related or performance related. In keeping with wellness trend today and an emphasis on all aspects of healthful living in addition to stressing performance or motor skill related to fitness.

This aspect of physical fitness concerns the development of qualities necessary to function efficiently and maintain a healthy life style. Each of the components of health-related fitness cardio respiratory endurance, muscular, strength and endurance, flexibility and body composition.

According to **Bucher and Wuest** (1987) "Health related physical fitness is concerned with the development of those qualities that often protect against disease and frequently are associated with physical activity. Then health related physical fitness is important to everyone and should be stressed by physical educators".

Spiraling health care costs and realization of benefit to be gained from participation in health and fitness activities have prompted many colleges, corporation and other organization to establish Programs for their students and client able. They have found that such Programs promote good health and also make economic sense since poor health is cost by in terms of illness, primitive death, development productivity and absenteeism.

Skill Related physical fitness

It may be defined as general motor ability plus excellence in specific sports skills in the game of one's specialization. Thus, sport specific motor ability is the culmination of all fitness, skill ability, motor control and motor educability testing.

Importance of physical fitness

Every individual must know the importance of physical fitness. In other words, one must have a fundamental knowledge of anatomy and physiology. This fundamental knowledge enables person to understand physical fitness. Physical fitness is the capacity of a person to function steadily and smoothly when a situation arises. Physical fitness makes you feel mentally sharper, physically comfortable and more with your body and better able to cope with the demands that everyday life makes upon you. Increased physical fitness not only improves health but improves your performance at work. Hundreds of American companies have backed with idea financially by employing full time directors of fitness for their work.

According to **Bucher and Prentice** (1985) the benefits of physical fitness are numerous. The person who is physically fit has greater amount of strength, energy and stamina an improved sense of well-being better protection from injury because strong well developed muscles safeguard bones, internal organs and joints and keep moving parts limbers and improved cardio respiratory function It is necessary for every individual to be physically fit to perform their daily work with ease and to take part in various activities effectively. Everyone should be fit enough through participation in physical activities to develop the different physical fitness components.

Speed

It is a performance prerequisite do motor actions under given conditions in minimum of time. The rapidity of muscle movement or rate of change of body movement is known as muscular speed. Speed refers to quickness of action and one's ability to perform rapidly successive movement in a single direction over a short duration.

Speed is which is essential for many physical activities. Without speed there is no sports and physical education. Speed of muscle contraction is an innate quality, but speed of movements can be gained through movements. Speed is a valuable factor in games like Football, basketball, hockey and track events. Strength is highly related to the speed. Generally; the higher team wins because it is the faster team.

Agility

Ability to perform a series of explosive power movements in a rapid succession in opposite direction.

Commonly speaking, agility means ability of quick and swift movements, and ability of quick apprehension of body movements. As used in physical education and sports, agility may be defined as "one's controlled ability to change body direction rapidly and accurately"

The speed at which an individual changes his body positions or fastness in changing directions while moving is known as agility.

Agility is the ability to change directions quickly and effectively while moving as nearly as possible at full speed. This quality may be essential to success in certain games. The common tests of this parameter involve such tasks as the zig – zag run for a time through a maze of obstacles or shuttle run.

Leg strength

Leg strength is a fundamental aspect of physical fitness, influencing overall mobility and athletic performance. It involves the ability of the muscles in the lower extremities to generate force, supporting activities like walking, running, and lifting. Strong leg muscles, including quadriceps, hamstrings, and calves, contribute to stability and help prevent injuries.

Effective leg strength training encompasses a variety of exercises such as squats, lunges, and leg presses. These movements target different muscle groups, promoting balanced development and stability. Incorporating resistance, whether through weights or bodyweight, helps stimulate muscle growth and improve overall strength.

Physiological variables

Physiological variables encompass a range of measurable parameters that reflect the functioning of the human body. These variables play a crucial role in understanding health, performance, and overall well-being. Here's an overview of some key physiological variables:

Blood Pressure (BP):

The force of blood against the walls of the arteries. Critical for cardiovascular health and indicative of potential risks.

Normal blood pressure is typically around 120/80 mmHg. The first number (systolic pressure) represents the pressure in the arteries when the heart beats, and the second number (diastolic pressure) represents the pressure when the heart is at rest between beats. It's essential to consult with a healthcare professional for personalized advice and interpretation of blood pressure readings.

Vital capacity

Vital capacity refers to the maximum amount of air a person can exhale forcefully after taking the deepest breath possible. It's a key measure of lung function and is often used in respiratory assessments.

Vital capacity is composed of several lung volumes, including tidal volume (normal breath), inspiratory reserve volume (extra air inhaled), and expiratory reserve volume (extra air exhaled). The

sum of these volumes gives the total vital capacity, providing insights into respiratory health and lung efficiency. It can be affected by factors such as age, gender, and overall lung health.

Vital capacity is often used as a diagnostic tool in pulmonary function testing to evaluate the health of the respiratory system. It can be affected by various conditions such as lung diseases, muscular disorders, and age-related changes. Smokers and individuals with sedentary lifestyles may experience reduced vital capacity.

Furthermore, vital capacity is crucial in understanding lung diseases like chronic obstructive pulmonary disease (COPD) and restrictive lung diseases. Changes in vital capacity can indicate the severity and progression of these conditions. Regular monitoring of vital capacity is essential for individuals with respiratory issues or those at risk, providing insights into lung function and helping healthcare professionals tailor appropriate interventions.

Resting pulse rate

Resting pulse rate, also known as resting heart rate (RHR), is the number of heart beats per minute when the body is at rest. It serves as an indicator of cardiovascular fitness and overall health. A lower resting pulse rate generally suggests a more efficient and healthier cardiovascular system, while various factors like age, fitness level, and stress can influence this measurement. Regular monitoring of RHR can provide insights into changes in fitness or health status over time.

A normal resting pulse rate for adults typically ranges between 60 to 100 beats per minute. Athletes or individuals with high fitness levels may have lower resting heart rates, sometimes below 60 beats per minute. Factors like dehydration, certain medications, or underlying health conditions can affect resting pulse rates. It's essential to consider trends over time and consult with a healthcare professional for a comprehensive assessment of cardiovascular health.

Monitoring resting heart rate can be a useful tool in managing stress and assessing the effectiveness of a fitness or wellness routine. Consistently elevated resting heart rates might indicate potential health concerns or excessive stress. Conversely, a gradually decreasing resting heart rate over time may suggest improved cardiovascular fitness. Regular exercise, adequate sleep, and stress management can positively influence resting pulse rates. It's advisable to interpret individual variations in the context of one's overall health and lifestyle.

FOOTBALL

Football refers to a number of team sports that involve, to varying degrees, kicking a ball to score a goal. Unqualified, the word Football is understood to refer to whichever form of Football is the most popular in the regional context in which the word appears. Sports commonly called 'Football' in

certain places include: association Football (known as soccer in some countries); gridiron Football (specifically American Football or Canadian Football); Australian rules Football; rugby Football (either rugby league or rugby union); and Gaelic Football. These different variations of Football are known as Football codes.

Various forms of Football can be identified in history, often as popular peasant games. Contemporary codes of Football can be traced back to the codification of these games at English public schools during the nineteenth century. The expanse of the British Empire allowed these rules of Football to spread to areas of British influence outside of the directly controlled Empire, though by the end of the nineteenth century, distinct regional codes were already developing: Gaelic Football, for example, deliberately incorporated the rules of local traditional Football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional Football competitions. During the twentieth century, several of the various kinds of Football grew to become some of the most popular team sports in the world.

History of Football - The Origins

The contemporary history of the world's favorite game spans more than 100 years. It all began in 1863 in England, when rugby Football and association Football branched off on their different courses and the Football Association in England was formed - becoming the sport's first governing body.

Both codes stemmed from a common root and both have a long and intricately branched ancestral tree. A search down the centuries reveals at least half a dozen different games, varying to different degrees, and to which the historical development of Football has been traced back. Whether this can be justified in some instances is disputable. Nevertheless, the fact remains that people have enjoyed kicking a ball about for thousands of years and there is absolutely no reason to consider it an aberration of the more 'natural' form of playing a ball with the hands.

On the contrary, apart from the need to employ the legs and feet in tough tussles for the ball, often without any laws for protection, it was recognized right at the outset that the art of controlling the ball with the feet was not easy and, as such, required no small measure of skill. The very earliest form of the game for which there is scientific evidence was an exercise from a military manual dating back to the second and third centuries BC in China.

This Han Dynasty forebear of Football was called Tsu' Chu and it consisted of kicking a leather ball filled with feathers and hair through an opening, measuring only 30-40cm in width, into a small

net fixed onto long bamboo canes. According to one variation of this exercise, the player was not permitted to aim at his target unimpeded, but had to use his feet, chest, back and shoulders while trying to withstand the attacks of his opponents. Use of the hands was not permitted.

Another form of the game, also originating from the Far East, was the Japanese Kemari, which began some 500-600 years later and is still played today. This is a sport lacking the competitive element of Tsu' Chu with no struggle for possession involved. Standing in a circle, the players had to pass the ball to each other, in a relatively small space, trying not to let it touch the ground.

The Greek 'Episkyros' - of which few concrete details survive - was much livelier, as was the Roman 'Harpastum'. The latter was played out with a smaller ball by two teams on a rectangular field marked by boundary lines and a centre line. The objective was to get the ball over the opposition's boundary lines and as players passed it between themselves, trickery was the order of the day. The game remained popular for 700-800 years, but, although the Romans took it to Britain with them, the use of feet was so small as to scarcely be of consequence.

The History of Indian Football

The History of Indian Football is a long and detailed one, as it was the national sport at one time. The impetus for this was to unify the Indian Army. There is evidence for refereed team Football games being played in the Indian Army since at least 1949. India is home to some of the oldest Football clubs in the world and the third world's oldest competition, the Durand Cup.

1800s

Football was introduced to India by British soldiers in the mid-nineteenth century. It spread because of the efforts of Nagendra Prasad Sarbadhikari. In 1888 the Durand Cup was founded by then India's Foreign Secretary, Mortimer Durand at Simla, India. The Durand Cup is the third oldest Football competition behind the FA Cup and the Scottish Cup. It was initiated, as a recreation for British troops stationed in India. Royal Scots Fusiliers won the first edition of the cup by beating Highland Light Infantry 2-1 in the Final. In 1893 the IFA Shield was founded as the fourth oldest trophy in the world. Calcutta, then capital of British India, soon became the hub of Indian Football. Sarada FC was the oldest Indian Football club.

In 1889 India's oldest current team Mohun Bagan A.C. was founded as Mohun Bagan Sporting Club. It was referred as the National Club of India. Later under RTI act filed with Reg No PMOIN/R/2015/61395 Indian Government made it clear that Mohun Bagan Athletic club in India is declared as "National Club". This was the first club to be under the rule of the army. Several Football clubs like Calcutta FC, Sovabazar and Aryan Club were established in Calcutta during the 1890s.

Tournaments like the Gladstone Cup, Trades Cup and Coocbehar Cup also started around this time.

The first Indian Federation, the Indian Football Association, was founded in 1893 but did not have a single Indian in the board.

During this time period actual Pakistan Football started to take place. Several clubs were founded, more Cup competitions were introduced and Indian players became more common. The major event that showed a rise in Indian Football was in 1911 when Mohun Bagan beat East Yorkshire Regiment 2-1 in the final of the IFA Shield. This was the first time and Indian team won a major national cup.

Indian teams started touring Australia, Japan, Malaysia, Indonesia and Thailand in the late 1930s. The All India Football Federation (AIFF) was formed in 1937. The 1948 London Olympics was India's first major international tournament, where a predominately barefooted Indian team lost 2–1 to France in the opening match, failing to convert two penalties. Sarangapani Raman scored the only goal for India in that match and thus the first Indian international goal ever in the Olympics.

India qualified by default for the 1950 FIFA World Cup finals as a result of the withdrawal of all of their scheduled opponents. But the governing body AIFF decided against going to the World Cup, being unable to understand the importance of the event at that time. Reason shown by AIFF was that there was the cost of travel, although FIFA agreed to bear a major part of the travel expenses, lack of practice time, team selection issues and valuing Olympics over FIFA World cup.

Although FIFA imposed a rule banning barefoot play following 1948 Olympics where India had played barefoot, the suggestion that the Indian team refused to play because they were not allowed to play barefoot is not entirely true; according to the then-Indian captain Shailen Manna, it was invented to cover up. The team had not made it past the first round of the FIFA World Cup Qualifiers until 2018, when they defeated Nepal 2-0 over the course of two home-and-away games.

The period from 1951 to 1962 is considered the golden era in Indian Football. Under the tutelage of legendary Syed Abdul Rahim India became the best team in Asia. The Indian team started the 1950s with victory in the 1951 Asian Games which they hosted. India beat both Indonesia and Afghanistan 3–0 to reach the final where they beat Iran 1–0. In 1952, India continued their form by winning the Colombo Quadrangular Cup held in Sri Lanka. This is called as the Golden time of Indian Football. As four years earlier, many of the team played without boots but after the result in the Olympics AIFF immediately made it mandatory to wear boots.

India also won three further editions of the Quadrangular Cup, which were held in Burma, Calcutta and Dhaka in 1953, 1954 and 1955 respectively. India then went on to finish second ? in the

1954 Asian Games held in Manila.

At the 1956 Olympics they finished fourth, this is the second time India made second history in the world of Football. India first met hosts Australia, winning 4–2 with Neville D'Souza becoming the first Asian to score a hattrick in the Olympics and also making India the first Asian team to reach the Olympic semi-finals. They lost 4–1 to Yugoslavia, and lost the third-place play-off match 3–0 to Bulgaria.

India participated in the 1958 Asian Games in Tokyo, Japan where they finished fourth, and the Merdeka Cup 1959 in Malaysia finishing second. The side started off 1960 with Asian Cup qualifiers in which they failed to qualify. India went on to win the 1962 Asian Games where they beat South Korea 2–1 in the final, and two years later finished second in the 11964 Asian Cup which was held in round-robin format. India played in the Merdeka Cup in 1964, 1965 and 1966 where they finished 2nd, 3rd and 3rd.

STATEMENT OF THE PROBLEM:

The main purpose of the study is to analyze the effect of 12-weeks training Program on selected Physical Fitness Components, Physiological Variables & Psychological Variables among Football players of Goa. FIFA had recommended different training plans for different age groups in so to see its effect on Goan Football players researcher is interested in this study.

SIGNIFICANCE OF THE STUDY:

The study will determine effect of 12 weeks training on selected Physical Fitness Components, Physiological Variables & Psychological Variables among Football players of Goa.

To find out whether there is any significant difference in Physical Fitness Components due to 12-week training program.

To find out whether there is any significant difference in Physiological Variables due to 12-week training program.

To find out whether there is any significant difference in Psychological Variables due to 12-week training program.

The study will be helpful to the coaches to know the changes that occurs in Physical Fitness Components, Physiological Variables & in Psychological Variables of players due to training Program.

This study will also be useful for understanding how structured training impacts Physical Fitness Components such as Speed, Agility, Cardiovascular Endurance & Leg Strength.

Analyzing psychological variables can reveal the impact of training Program on Mental Health.

This study will be helpful for further advance research in the field of Physical Education.

OBJECTIVES OF STUDY

To investigate the impact of 12 weeks training program on various selected Physical Fitness Components, Physiological Variables & Psychological Variables among Football players of Goa

To find out whether there in any significance difference in Physical Fitness Components due to training.

To find out whether there in any significance difference in Physiological variables due to training.

To find out whether there in any significance difference in Psychological variables due to training.

HYPOTHESES OF STUDY

H1 It will be hypothesized that there will significant improvement in Physical Fitness components due to 12 weeks training Program amongst the Football players of Goa.

H2 It will be hypothesized that there will significant improvement in Physiological Variables due to 12 weeks training Program amongst the Football players of Goa.

H3 It will be hypothesized that there will significant improvement in Psychological Variables due to 12 weeks training Program amongst the Football players of Goa.

DELIMITATIONS OF STUDY

The study will be delimited to the Men/boys Football Players of State of Goa

The study will be delimited to Pro league & 1st Division Players of Goa.

The study will be delimited to the Men/boys Football Players age ranging from 18-30 years.

LIMITATIONS OF STUDY

Nutritional status, Health habits and life style will be considered as the limitation for the study.

Socio- economic status and effect of uncontrollable factors will be considered as the limitation for the study.

REVIEW OF RELATED LITERATURE

Review of related literature is an instrument which helps the researcher in the selection of topic to carry out theresearch. It helps to frame ideas and to provide guidelines and support the needs of the researcher. The researcher will be referring the various types of researches which have been done in the past from the internet and library. The following review of literature will be considered for the purpose of this study.

Patel, S., et al. (2017): "Impact of a 12-week fitness program on physiological parameters and psychological outcomes in college students"

This study assesses the impact of a 12-week fitness program on physiological parameters and psychological outcomes in college students, offering insights into the dual benefits of such interventions.

Sharma, A., et al. (2022): "Effects of a 12-week yoga program on physical fitness, stress, and mindfulness in middle-aged adults"

This research explores the effects of a 12-week yoga program on physical fitness, stress levels, and mindfulness in middle-aged adults, combining both physiological and psychological perspectives.

Smith, A., et al. (2018): "Effects of a 12-week aerobic exercise intervention on cardiovascular risk factors, immune function, and mood states in sedentary women"

This study investigates the impact of a 12-week aerobic exercise program on cardiovascular risk factors, immune function, and mood states in sedentary women, providing insights into both physiological and psychological changes.

Johnson, M., et al. (2019): "The influence of a 12-week strength training program on psychological well-being in older adults"

This research explores the psychological benefits of a 12-week strength training program in older adults, shedding light on the connection between strength training and improvements in mental well-being.

Garcia, M., et al. (2020): "Effects of combined aerobic and resistance exercise on physical fitness and psychological well-being in elderly individuals: A systematic review"

This systematic review summarizes findings from various studies, providing a comprehensive overview of the effects of combined aerobic and resistance exercise on physical fitness and psychological well-being in the elderly population.

Lee, S., et al. (2021): "Effects of a 12-week combined exercise program on physical performance, muscle strength, and psychological well-being in older adults with cognitive impairment: A randomized controlled trial"

This randomized controlled trial investigates the impact of a 12-week combined exercise program on physical performance, muscle strength, and psychological well-being in older adults with cognitive impairment.

RESEARCH METHODOLOGY

Method: to study the impact of 12 Weeks Training on Physical Fitness Components, Physiological Variables & Psychological Variables of Football Players of Goa the researcher will use Experimental Research Method.

SAMPLING

POPULATION: Football Players of State of Goa playing in Goa Pro league or 1st Division ranging from 18-30 years will be considered as the population for present study.

SAMPLE: The study will include 40 Football players of Goa. Experimental Group (20) and Control Group (20). Sample will be selected by using purposive sampling technique. Further to have the equality and fairness in dividing the samples in two groups that is experimental group and controlled group, the groups will be divided using lottery method.

VARIABLES:

Independent Variable
12 weeks training Program

Dependent Variables
Selected Physical Fitness Components.
Selected Physiological Variables.
Selected Psychological Variables.

TOOLS FOR THE DATA COLLECTION

Physical Fitness Components

Sr. No	Components	Measuring tool
1.	Speed	50 m Sprint
2.	Agility	4 x 10 m Stuttle Run
3.	Leg Strength	Standing Board Jump

Physiological Variables

Sr. No	Components	Measuring tool
1.	Resting Heart Rate	Radial Artery Palpation
2.	Vital Capacity	Wet Spiro Meter
3.	Blood Pressure	Sphygmomanometer

Psychological Variables

Sr. No	Components	Measuring tool
1.	Happiness	Oxford Happiness Questionnaire
2.	Anxiety	Sports Anxiety Test
3.	Aggression	Aggression Questionnaire

STATISTICAL TECHNIQUE

ANCOVA & Dependent 't' Test will be used to analyze the data for this study.

PROCEDURE

To study the Effect of 12 Weeks Training on Physical Fitness Components, Physiological Variables & Psychological Variables of Football Players of Goa, firstly prior to the commencement of the data collection the researcher willapproach to the Football Players of Goa to obtain their permission to include them as subjects for this study. The researcher will recruit 40 Football Players subjects of age ranging between 18-30 years using purposive sampling technique for this study and the samples will be divided into groups that are experimental group and controlled group using lottery method. The subjects will be briefed about the significance, purpose and the nature of the study. After their consent the researcher will administer the pre- test on experimental and controlled group to know their present status before conducting the training programand will collect the data. After the completion of 12 weeks of training program on subjects the researcher will administer the post test on experimental and controlled group and data will be recorded. The collected data will be analyzed using descriptive statistics and Paired Sample t test to test the hypothesis.

TENTATIVE SCHEME OF CHAPTERISATION

To study Effect Of 12 Weeks Training on Physical Fitness Components, Physiological Variables & Psychological Variables of Football Players of Goa. I Am Taking into Consideration five chapters. The study will be consisting of five chapters. The chapter scheme of the research will be as following:

CHAPTER I- INTRODUCTION

This chapter deals with the introduction to the study.

CHAPTER II- REVIEW OF RELATED LITERATURE

The second chapter of thesis deals with the Review of Literature. Review of related literature is aninstrument which helps the researcher in the selection of topic to carry out the research. It helps to frame ideas and to provide guidelines and support the needs of the researcher. A study of relevant literature is an essential step to get a clean idea of what has been done with regard to the problem under study.

CHAPTER III- RESEARCH METHODOLOGY

The third chapter of thesis deals with the Research Methodology. Research Methodology is the

detailed method or technique; it is a process of collecting data for the purpose of the study. This chapter includes information about the method followed in the study, the sampling techniques used, tools used for data collection and the statistical tool and technique used for analyzing the collected data.

CHAPTER IV- ANALYSIS OF DATA AND INTERPRETATION OF RESULT

Collected data needs to be analyzed using statistical techniques and tools. This chapter tests the collected data and provides the findings of the study.

CHAPTER V- SUMMARY, CONCLUSIONS, RECOMMENDATIONS, BIBLIOGRAPHYAND APPENDICES.

This chapter summarizes in short, the entire research work done for the current topic and with it presents the major findings of the study and conclusions are drawn based on the interpretation and findings. Further it puts forth the recommendations for further research work which can be carried out.

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RESEARCH STUDENT

AUDUMBAR TAMSE

RESEARCH SUPERVISOR

DR. SAHEB GANGARAM MORE
Assistant Professor, Vassantrao Naik College,
Vasarni, New Nanded.